REGINA metro®

NEWS WORTH SHARING.

The Joker, the Ont. PC leader, the U of S grad

Attack ad controversy in another province has local ties PAGE 4

Us, gouging?

Air Canada is on the defensive as social media critics claimed the airline took advantage of RCMP flying to Moncton for Mounties' funerals PAGE 5

Apple juice with a kick

How do ya like them apples? Fermented, please. Check out these artisanal ciders PAGE 19

FROM 90210 TO THE STYLE SCENE

ACTRESS SHENAE GRIMES IS MAKING A SPLASH IN THE FASHION INDUSTRY PAGE 12

World Cup fever sweeps Saskatchewan

3, 2, 1, hit the pitch!

Local businesses, Brazilian community get into the spirit as tourney kicks off

JACOB MORGAN
Metro in Saskatoon

While soccer is widely recognized as the most popular sport in the world, here in Saskatchewan it appeals to a dedicated niche of followers.

The FIFA World Cup kicks off in Brazil on Thursday, and businesses in Regina and Saskatoon are making sure that fans in the province get their fill.

"We're going to (air) all the games live throughout the days, as well as recordings during the evening," says Gord Peever, bar manager at the Lobby Public House in Regina.

"There will be specials to come throughout the tournament."

In Saskatoon, Boston Pizza manager Scott Cavanagh is opening his eatery on Nelson Road a few hours early each day of the event to screen matches in real time.

"We did this in 2010, and we had a really great success," said Cavanagh, who previously managed a Boston Pizza on 8th Street.

"We just wanted to create that place where people could come and meet other people who love the game."

And the local Brazilian community is rallying around their homeland's moment on the global stage.

Renato de Freitas, originally from the state of São Paulo, moved to Saskatoon in 1985 and teaches at the University of Saskatchewan.

Soccer is so ingrained in Brazilian culture, he said, that when a boy is born in that country, "the first present he gets from anywhere and anybody is a soccer ball."

Despite controversies surrounding the South American country's handling of public funds to host the highly expensive World Cup, de Freitas is excited while maintaining an optimistic outlook.

"It's better that we focus on the positive things rather than on the negatives," he said.

"I think it's going to be a wonderful World Cup."

MORE WORLD CUP COVERAGE, PAGE 6

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SHOPPERS DRUG MART

Privatization

Poll findings on liquor sales surprise premier

Premier Brad Wall says he's "a little bit surprised" by a poll that suggests Saskatchewan residents are split on the notion of privatizing provincially owned liquor stores.

In an online poll of 800 residents, Insightrix Research found that 26 per cent of respondents said all stores should be government-owned, 34 per cent like the current model and 23 per cent support full privatization.

"It doesn't match necessarily with what we're hearing," Wall said on Wednesday at the legislature.

"It's anecdotal admittedly, but it would match up probably a little bit more in favour of a private retailing system than that poll would show."

The Marketing Research and Intelligence Association says online surveys cannot be assigned a margin of error, as they are not a random sample and therefore are not necessarily representative of the population.

Wall has mused about privatizing provincially owned liquor stores and said he wants politicians to talk to people this summer about the idea.

If people are interested, he said, the Saskatchewan Party might campaign on the idea for the next provincial election, expected in April 2016.

However, the premier also said he's "comfortable with the status quo." That means existing Crown liquor stores would not be privatized, but any new stores would be private.

THE CANADIAN PRESS

RCMP Supt. Dave Fenson, left, speaks to reporters on Wednesday in Regina about an internal review and the impaired-driving charge against an officer from the Fort Qu'Appelle detachment. ROSS ROMANIUK/METRO

Mountie charged, three others under review

Fort Qu'Appelle. Off-duty officer accused of impaired driving after another officer got a call from a concerned waitress

A Saskatchewan RCMP officer has been charged with impaired driving, and the way that three other Mounties handled the case is being reviewed.

The RCMP say an off-duty member in Fort Qu'Appelle got a call at his home Dec. 15 from a waitress at a local establishment who said there was a man she felt should not be driving.

The man in the establishment was a constable in the Fort Qu'Appelle detachment who was off-duty at the time.

A criminal investigation was then launched that led to Alphonse Noey being charged May 30 with one count of operating a motor vehicle while his ability to operate the vehicle was impaired by alcohol.

Supt. Dave Fenson defended the time frame of the investigation.

"Some investigations take longer than others to conduct and to complete, depending on what follow-up is required," Fenson said Wednesday.

Fenson could not say why the waitress called the first officer at home.

He said the RCMP prefers the public to call the local detachment or 911, but he acknowledges sometimes that doesn't happen.

"Speaking in general, I can say that it is not uncommon for some of our employees to be well-known in smaller communities, including where they live, and to be contacted. This means from time to time, that these members will receive calls at their residences."

Noey, who has been with the RCMP for 13 years, has been on paid administrative leave since May 5. He is scheduled to make a court appearance Thursday.

The RCMP also say the actions of three other officers, including the off-duty member who got the call at his home, will be reviewed to make sure all the rules were followed.

"Due to the nature of the incident and the fact that it involved a member of the RCMP, we've taken steps to review the response that took place that day and who responded to the initial complaint and what was done," said Fenson.

Fenson could not say how long the review would take.

THE CANADIAN PRESS

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Vehicle insurance up, but not as much as SGI asks

Vehicle insurance rates are going up in Saskatchewan, but not by as much as Saskatchewan Government Insurance initially proposed.

In February, SGI announced it was looking to increase its auto insurance rates by an average of 5.2 per cent.

On Wednesday, the Saskatchewan Rate Review Panel said it's recommending an overall average increase of 4.4 per cent.

The proposed 5.2 per cent increase included both a general revenue increase and a capital portion aimed at helping replenish the rate stabilization reserve.

In its decision, the panel said both accounts were taken into account.

The panel also recommends all vehicle classes be part of the proposed rate rebalancing which would include motorcycles; SGI wanted to single out motorcycles because the vehicles usually carry higher claim costs. THE CANADIAN PRESS

Mistaken identity case

Guilty in mother of four's killing, man appeals conviction

A man found guilty of killing a Saskatoon mother of four who was shot in a case of mistaken identity is appealing his conviction.

Randy O'Hagan was convicted last month of first-degree murder and sentenced to life in prison with no chance of parole for 25 years.

Lorry Santos, who was 34, was shot and killed inside her home, which had been mistaken for the house of a former Alberta gang member.

O'Hagan listed 14 reasons in his appeal why he thinks his conviction should be overturned.

He alleges that the trial judge heard evidence from people who benefited by testifying against him.

O'Hagan also claims there was no physical evidence linking him to the scene of the crime and that his legal aid lawyer didn't do enough to defend him. THE CANADIAN PRESS

Saskatoon image whiz turns Ont. PC leader into Joker

Vaughan riding. Mash-up of Tim Hudak into Dark Knight character shows up in Liberal candidate flyer

JACOB MORGAN
Metro in Saskatoon

Sometimes when Ishmael Daro needs a stress reliever at work, he fires up Photoshop.

But the 25-year-old University of Saskatchewan graduate, who is now a web editor for Postmedia in Toronto, never expected his mash-up of Ontario Progressive Conservative Leader Tim Hudak with a scene from Christopher Nolan's Batman motion picture The Dark Knight to cause such a stir.

"I just found the whole thing amusing," Daro tells Metro.

"The chances of me — somebody from Saskatoon who's only been here a year — in any way influencing or having any input in the election campaign in Ontario."

Daro said he was alerted Tuesday night that a Liberal attack ad was circulated around Vaughan, north of Toronto, two days before Ontario's general election on Thursday.

The flyer features Daro's edited picture of Hudak, which is originally by Canadian Press photographer Nathan Denette, walking away from an exploding hospital.

The montage is meant to look as though the leader of the Ontario Progressive Conservatives were the terroristic Joker villain from the 2008 Batman movie.

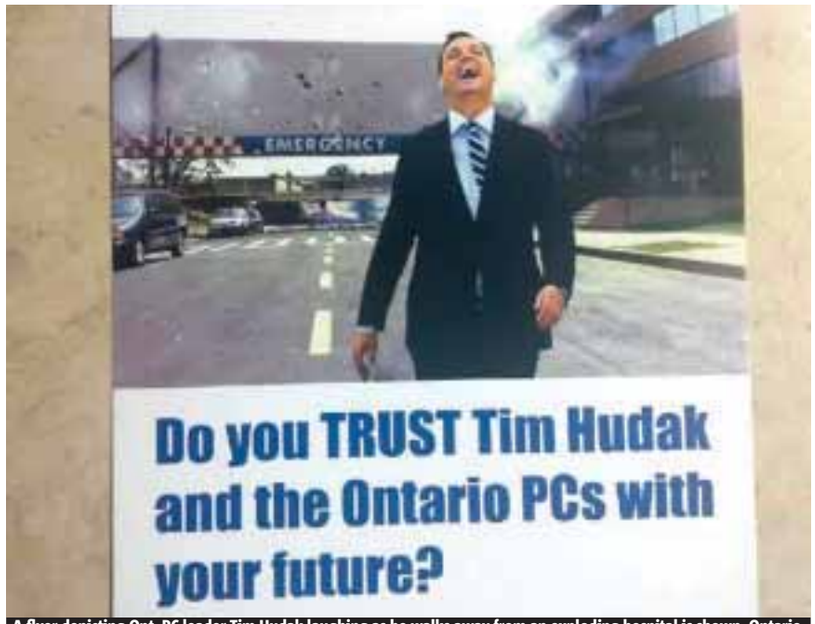
"I had forgotten that I had made that image because it was almost a month ago and seeing it on an official campaign flyer was just surprising," he said.

Liberal Member of Provincial Parliament Steven Del Duca holds the Vaughan riding and apologized for the flyer on Wednesday, tweeting that "The flyer was a mistake for which I am sorry."

Although Daro never intended to make a political point, he said this blunder could illustrate "the pressures of the modern campaign of trying to be fun and interesting all the time."

According to Daro, the whole episode also reflects the dangers of using Internet practices in real-life politics.

"They printed this out," he said. "I think that's maybe the disconnect of trying to apply online standards of humour and snarkiness to printed campaign literature – that's just not going to go over the same way."



A flyer depicting Ont. PC leader Tim Hudak laughing as he walks away from an exploding hospital is shown. Ontario Premier Kathleen Wynne says the Liberal flyer sent by a Vaughan candidate is "not acceptable." THE CANADIAN PRESS

City says treatment plant is well under budget

City hall's plan to build a wastewater treatment plant using some private financing is expected to provide greater cost savings than previously estimated, a senior municipal bureaucrat says.

"The final result is even better than we thought," Brent Sjoberg, deputy city manager, said on Wednesday at a meeting of city council's executive committee.

Administrators showed for the meeting to provide an update on the financing for the project.

"In the overall scheme of things ... the project is significantly under budget," said Sjoberg.

The bureaucrat said he couldn't disclose concrete details about the project's cost savings until after the city completes negotiations with Epcor Saskatchewan Water Partners. The deal is expected to be finalized by the end of July.

Epcor was chosen to design, build, finance, operate and maintain the city's new sewage treatment plant last month, beating competitors Prairie Water Partners and Wascana Environmental Partners.

Jim Holmes, spokesman for the residents' watchdog group Regina Water Watch disagrees with the city's announced savings.

Holmes argues that the city's $224-million construction budget for the project is significantly inflated from original cost estimates.

"They priced it too high, so there was a lot of room for them to come under that," Holmes said.

According to Holmes, the initial budget was $185 million before city staff decided to build in costs to account for expected price increases.

Under the city's public-private partnership (P3) financing plan, a private company will build, maintain and operate the sewage treatment plant for the next 30 years.

A report by administrative staff projects that construction of the treatment plant will not push the city over its current $450-million debt limit at any time during that period.

According to the city, unlike typical municipal borrowing scenarios in which debt is incurred in a single instance, the financing plan for the treatment facility allows the city to stagger payments over the course of its agreement with Epcor.

"With an ongoing payment stream, it allows the (city) that ability to monitor performance," Sjoberg said. in the meeting.

The P3 model for the sewage treatment plant was so controversial it was the subject of a referendum last fall.

Voters ultimately decided that the new wastewater treatment plant project should follow the P3 model instead of being implemented as a traditional City-run project.

JACOB MORGAN/METRO IN SASKATOON

Family says milkshake sent their boy to ER

'Enough is enough.'
Ottawa-area man wants to know what was in his son's beverage, but McDonald's won't share its internal findings

TREVOR GREENWAY
Metro in Ottawa

A Gatineau, Que., family wants to find out what was in their five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn, his stomach ache and may have led to him being unable to gain weight.

Jon Hansen says he has been fighting with McDonald's for almost a year to release a report that he says proves a compound was added to the chocolate shake.

McDonald's Canada spokesperson Jason Patuano said the company launched an internal investigation and tested the affected milkshake through an independent lab. He said the results were inconclusive, but would not share the report with Metro.

Pierce Hansen, 6, and his parents Jon and Jennifer Cameron say a McDonald's milkshake Pierce drank last summer was contaminated. TREVOR GREENWAY/METRO IN OTTAWA

The dispute started July 22 last year when Hansen and his family went to the drive-thru at a McDonald's to get french fries and milkshakes. The English-speaking family said they were ridiculed for not speaking French, and when they got their order, Hansen said the fries "had been stomped on" and his young son said his milkshake "tasted funny."

"He said it was peppermint. He didn't mean it was sweet like peppermint, he meant it burned his mouth," said Hansen.

The family brought their child to hospital and was advised to call poison control. Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen says his son's tastes have changed and he has been unable to gain weight over the last year. He worries future complications may come up, and without knowing what was in the shake, doctors can't fully assess what, if any, damage has been done.

"Enough is enough. We want to know the truth — it's as simple as that," said Hansen. "The next time it happens, maybe a child dies."

Online claims. Air Canada denies it gouged officers flying to Moncton funerals

Air Canada pushed back Wednesday at its critics on social media, who complained the company gouged RCMP and other law enforcement officers flying to the Moncton funerals of three slain Mounties.

The airline says it offered a 30 per cent discount on commercial fares to the RCMP to distribute to its people travelling to the funeral, added an extra Toronto-Moncton commercial flight to increase capacity, and put on two free charter flights from Toronto and Ottawa to Moncton.

The service costs of those charters were donated by employees and the fuel cost donated by "a partner," says Air Canada, which at first said it was reluctant to shift focus off the Moncton tragedy but was facing inaccurate information spreading online.

Peter Fitzpatrick, a spokesman for the airline, told Torstar Wednesday there was a range of low fares from $295 and up available to officers travelling to Moncton. He said the fares compared favourably to Air Canada's competitors, adding a bus costs $185 from Moncton to Toronto. TORSTAR NEWS SERVICE

RCMP officers march in the funeral procession on their way to the regimental funeral for three slain RCMP officers in Moncton, N.B., Tuesday. THE CANADIAN PRESS

Danny

Slain Mountie's police dog will get a new partner

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.

The Mounties say once a new partner is chosen, Danny will spend time bonding with that officer before returning to the RCMP Police Dog Service Training Centre in Innisfail, Alta., for a three-week test.

The RCMP say they've received many inquiries from the media and members of the public about Danny's future following the death of Const. Dave Ross. THE CANADIAN PRESS

Const. Dave Ross's dog Danny during the funeral procession on Tuesday. THE CANADIAN PRESS

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TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in Sao Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific papers and countless clinical tests that are nearing a spectacular summit.

Scientists at work at Miguel Nicolelis' lab in Sao Paulo. BIGBONSAI+LENTEVIVAFILMES /AFP

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. AFP

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received $14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added. AFP

Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The FIFAWorldCup Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also FIFA.com, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags #myworldcup or #CM2014. And soccer buffs can also click like on the official World Cup Facebook page. AFP

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Rebento" duffle bags have been manufactured, designed to be used during the tournament by star players Neymar Jr., Wayne Rooney and Cristiano Ronaldo.

Nike Football Rebento duffle bag. COURTESY NIKE FOOTBALL

A 3D-printed leather base provides the structure for the piece, which extends into a laser-sintered nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from nike.com from July 1. AFP

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. AFP

Legal mash-up over Tennessee whiskey still sour

Lawyers may need a stiff drink. Liquor companies at odds over the legal definition of the popular beverage

To many, Tennessee means whiskey. But inside the state, the question is: What does Tennessee whiskey mean?

A battle between two worldwide liquor companies — owners of mega-brand Jack Daniel's and smaller rival George Dickel — is being waged over who has the right to label their drink as following authentic Tennessee style. It's among the epicurean battles being waged around the world over what food and drink should carry special status as local and unique.

London-based liquor conglomerate Diageo PLC opened a heated legislative fight earlier this year seeking to overturn the state's newly established legal definition for Tennessee whiskey that has been championed by Jack Daniel's, which is owned by Louisville, Kentucky-based Brown-Forman Corp. Among the new rules are requirements that whiskey must be aged in new, charred oak barrels in Tennessee and filtered through maple charcoal prior to aging.

Dickel's owners say they conform with the traditional methods laid out in the state law, but they have cited several reasons for challenging the statute. They claim that a potential shortage of new American oak barrels could threaten production and that future products made by Dickel and the growing number of craft distillers in the state shouldn't be bound by law to follow the old ways. THE ASSOCIATED PRESS

Bring back crystalline fructose and sugar, please!

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste. Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since. Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however. The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula. PHOTO: SCOTT OLSON/GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

Ketchup to cars

Ford, Heinz aim to spin tomato skins into auto parts

Ford Motor Co. and the H.J. Heinz Co., the ketchup maker, are teaming up on research to turn tomato skins into auto parts.

A press release said both companies believe they can use tomato fibres to manufacture composite materials used for wiring brackets, or storage bins in cars instead of petroleum-based plastics. THE ASSOCIATED PRESS

Antitrust commissioner

EU looks into Apple, Starbucks and Fiat tax deals

The European Union's antitrust regulator said Wednesday it is launching an investigation into tax deals that Apple, Starbucks and Fiat struck with several European countries to see whether they violate competition law.

The EU's antitrust commissioner said it appears the arrangements are not proper. THE ASSOCIATED PRESS

Market Minute

DOLLAR 92.02¢ (+0.31¢)

TSX 14,892.13 (-12.25)

OIL $104.40 US (+$0.05)

GOLD $1,261.20 US (+$1.10)

Natural gas: $4.53 US (-$0.01)
Dow Jones: 16,843.88 (-102.04)

It's more bad karma for Lululemon's founder

Shareholders of Lululemon Athletica Inc. have re-elected two directors that the company's founder and largest shareholder Chip Wilson voted against in an apparent boardroom backlash, the latest controversy to come to light at the struggling yoga wear retailer.

Hours before the vote on Wednesday, Wilson, a director who owns 27 per cent of the company's shares, announced he voted against chairman Michael Casey, who had just replaced him in that role months earlier, and director RoAnn Costin, a private equity executive.

Wilson said he felt change was needed at the board level to boost the company's lagging share price.

"While I am excited about the new management team that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which Lululemon was founded and on which the company thrived," Wilson stated.

He said there is a "palpable imbalance in board representation, which is heavily weighted towards short-term results at the expense of product, culture and brand and longer-term corporate goals."

The outspoken Wilson said his vote against the two directors sends a signal to the financial community that Lululemon must address the board member issue if the company is to recover. THE ASSOCIATED PRESS

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GREAT GIFTS FOR THE SATISFACTORY DAD

HE SAYS

John Mazerolle
metronews.ca

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

It's true that Big Neckwear invented the holiday as a means of selling men's accessories, and it's also true that they're the only ones who get something worthwhile out of it. Everyone else just gets more ties than a soccer league without nets.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. His tastes were typified by his black T-shirt with silver lettering that said "Disco Dad." Maybe the nice repeating saxophone pattern I picked out one year would have gone with that shirt, but alas I never saw the two items worn in tandem.

And so today I hope to make up for my feckless childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the arm rest of the couch.)

Dad's Day Gift Guide:
Just wait until your father gets home

* For a new twist on an old classic, your dad will love a **"Satisfactory Father"** mug. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget.

* If your dad is more conservative than that, you could always **buy his vote**. A cool $100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer chargers, and keys to locks that you have no reason to believe actually exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!

At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers

1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.

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In this issue, you can find AR enhancements on page 20 in Sports

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metro AR

MetroTube

Rumble with the bumble

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hivemate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. Two: Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)

THE CANADIAN PRESS FILE

metro

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Shooting Guns, crushing beers to Saskatchewan's WolfCop

Soundtrack. Putting together music for local cult flick was far from glamorous

BACKSTAGE PASS
Simon Hiatt
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WolfCop, starring Amy Matysio, Leo Fafard and Aiden Devine, features the music of Saskatoon band Shooting Guns. CONTRIBUTED

Movies made in our province are often done on a shoestring budget with production teams having to rely on a lot of creativity to bring their vision to the big screen.

But even by Saskatchewan filmmaking standards, production on the soundtrack for the recently released movie WolfCop was about as far from the glamour of Hollywood as possible.

"We set up a digital projector and hung a bed sheet from the wall as our de facto screen and we just started teaching ourselves on the spot, because we'd never done anything like this before," said Jim Ginther, drummer for Saskatoon band Shooting Guns.

"We didn't sleep much and it was about -50 outside when we started, so we just locked ourselves in the studio and hammered through it."

But despite the difficult conditions, the band was able to make it work, providing the music that helps tell the story of Lou Garou, an alcoholic officer of the law who undergoes a transformation when the moon is full.

Shooting Guns was recruited by CineCoup Founder and CEO J. Joly through Facebook because of their unique sound, which Ginther describes as "music to crush beers to."

"They wanted to do something with the soundtrack where it didn't seem generic, they said they wanted something weird and different. And I think we gave it to them," Ginther said with a laugh.

The band has built a career around doing things differently. They don't have a singer and don't tend to release their music on CD, but are planning on putting some out on 8-track later this year.

"From a marketing perspective, we haven't made our lives the easiest, but if we got into music just to make money and get people to like it, we probably would have stopped a long time ago."

However, they might not be able to stave off popularity for much longer. Ginther says CineCoup was quite pleased with the work they did on the soundtrack and WolfCop is already showing signs of becoming a cult favourite.

There are already talks of a sequel, and although there is no word yet on whether Shooting Guns would be involved, the band would have to be considered instrumental in the first instalment's success.

But no matter how big they may become, Ginther says the band will stay true to their roots in the province that gave birth to the WolfCop phenomenon.

"We're all diehard Saskatchewan boosters. Whenever we go on the road, I feel compelled to tell people what's going on here because it is a pretty interesting music scene here. I cannot imagine living anywhere else."

East Coast bound

After a successful opening weekend in six western theatres including Regina and Saskatoon, audiences across Canada will soon get the chance to experience Shooting Guns and the WolfCop phenomenon.

The film will play in five eastern cities starting Friday night, appropriately under a full moon.

Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films Batman vs. Superman: Dawn of Justice, according to Star magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster."

Affleck has been spotted in casinos in Ontario and Detroit looking dishevelled and distraught, betting $5,000 at a time at the tables.

Another source adds, "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alter ego

MELINDA TAUB
Metro World News

Sources say Matthew Paetz and Lea Michele are dating, but they haven't exactly been spotted snuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ, who have screenshots of "Christian's" profile on Cowboys4Angels, an escort service. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. That's not to say Lea Michele is a client — she reportedly met Paetz on the set of her music video.

Look, I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two.

Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The Pitch Perfect star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made Up in the Air five years ago. "Honest to God," she insists to Elle magazine.

Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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June 10, 2014

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Program Starts 7:00 PM
Headliner 8:00PM

Tickets
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Belle Plaine

June 12, 2014

Bushwakker Brew Pub
Doors Open 11:00 AM
Rush Seating
Headliner 7:00PM

Tickets
Adults $15 (Availale only at bushwakker & Bach & Beyond)

Jeffery Straker

June 13, 2014

Ramada Plaza
Doors Open 6:30 PM
Program Starts 7:00 PM
Headliner 8:30PM

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Alexander Brown

June 14, 2014

Ramada Plaza
Doors Open 6:30 PM
Program Starts 7:00 PM
Headliner 8:30PM

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Adults $30 Students $25
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Brandi Disterheft Trio

June 10, 2014

Ramada Plaza
Doors Open 9:30 AM
Brunch 10:00 AM
Program Starts 11:00 AM

Tickets (Include Brunch)
Adults $40
Seniours 65+ & Students $35
Youth 14 & Under $30

Lorraine Klaasen

June 12, 2014

City Park Plaza
Multicultrural Day
Doors Open 1:00 PM

Free Stage

Iroko Project

June 13, 2014

Ramada Plaza
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Program Starts 7:00 PM
Headliner 8:30 PM

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PLUS HOMES

Finding foundation in fashion

Shenae's all that.
Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration

ELIZABETH BEDDALL
elizabeth.beddall@metronews.ca

In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

Perhaps you know her best from Degrassi: The Next Generation, or from playing the role of Annie in the reboot of 90210, but Shanae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?
First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as for the brand's esthetic — it's definitely the most 'me,' which I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cosmetics and Shanae Grimes?
I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be it for?
Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in Friends — we've all had those horrible experiences. I would avoid that.

It's ironic that you've been paired with a cosmetics brand when People Magazine named you one of the most beautiful people without makeup in 2009. So what can Annabelle do for someone who doesn't even need to use cosmetics?
For me it's always my eyes. My husband always says, which he should, that he prefers me without makeup. My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better.

Peeper priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."
Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?
Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?
As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at Teen Vogue and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?
I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have a weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jean shorts and tank tops that avoid the sandal area entirely.

What's your favourite Annabelle product?

"The EyeInk Liquid Eyeliner is my everyday product – the black – it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- EyeInk Liquid Eyeliner, $9.95, annabelle.ca

Canadian street style

Spotted in: Toronto

Name: Amrita

Age: 28

Occupation: Owner of PARLOQUE boutique

What she's wearing

Sunglasses from China Town, Vintage silk shirt, Kimchi Blue Paperbag pants, Rita Tesolin Amethyst Bracelet, boots from a New York boutique.

Her inspiration

"Inspired by everything in this all inspiring world."

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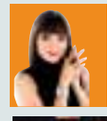

JEANNE SPACE
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She's performing her one-woman show this wknd

Custom considerations

You can sometimes get what you want.
Furniture store allows the customer to play designer

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks?

Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture that will help your purchases look like you had a designer by your side:

Fabrics
The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

Furniture style
Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.

Comfort and size
When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs
Take the shape of the leg from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa. The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!

Tailor-made just for you

Many Canadian home furnishing stores are offering custom options on their best-selling pieces of furniture.

Groove Chair, left, $930 (standard), a great standard design was lacking the pizzazz I had hoped for.

Custom Groove Chair, above, with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, $1,300. UrbanBarn.com
PHOTOS CONTRIBUTED

Moonhouse. Artist crowdfunds to get his dream home off the ground

A traditional Swedish cottage could be the first house on the moon, set to land as early as October 2015.

Swedish artist Mikael Genberg has been working on the Moonhouse project for over 10 years and has now turned to crowdfunding to make his dreams a reality.

If all goes according to plan, the red house with white gables will be sent into the universe by U.S. aerospace technology company Astrobotic on the back of a spacecraft in October next year.

Measuring three metres by two metres at the base, the house will have a roof height of 2.5 metres, allowing an adult to stand up inside. Once deployed on the moon, the cottage will unfold by itself to form a typical Swedish abode.

"Putting a house on the moon should be impossible, but through crowdfunding, through the Internet, through being enough individuals going together proving this, that means that we can do anything," says Genberg.

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 kilometres from Earth to the moon.

Each $1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

"The Moonhouse will enable people to make history and a mark on the international scene since the Moonhouse will be the first payload funded by private individuals to land on the moon," says John Thornton, CEO of Astrobotic. AFP

The Moonhouse SARA MEDINA LIND

Long-distance relo

384 km

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 km from the Earth to its destination.

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Each $1 pledged to the project will take the Moonhouse about 25 metres closer to its destination.

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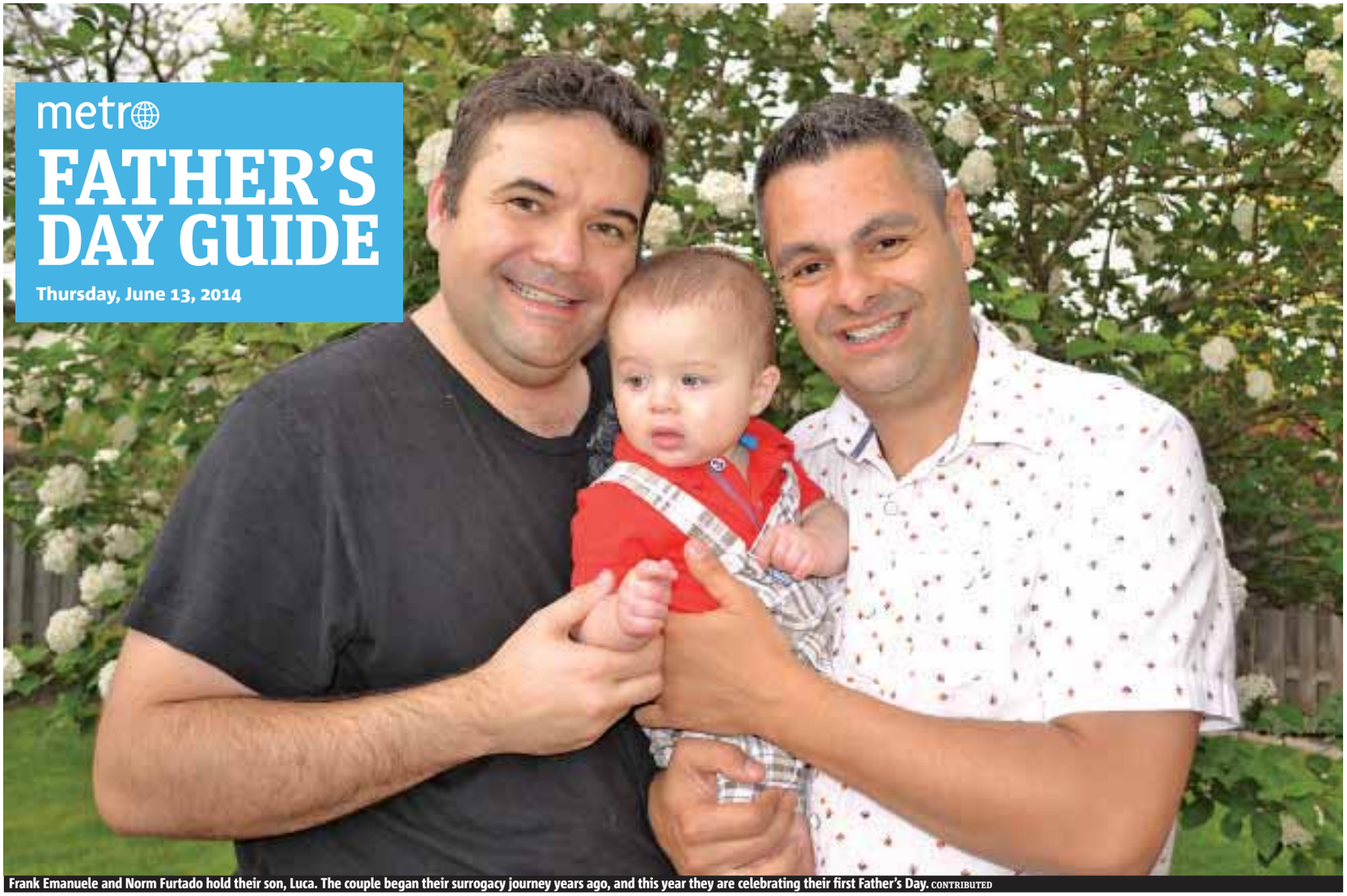
FATHER'S DAY GUIDE
Thursday, June 13, 2014



Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

'I just realized, I am a dad now'

First Fathers' Day. London, Ont., couple shares trials and tribulations of finding a surrogate

KATE RAE
For Metro

Frank Emanuele, a teacher in London, Ont., always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still. I thought I would being doing it alone."

For Norm Furtado, a family physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them. "Frank basically said, 'Look, I am having kids. This is where the train is going,'" Furtado said. "And I don't know my exact words, but I said, 'Yeah. I could have kids with you.' It suddenly seemed possible." And the journey began.

Years of research, heartbreak and baited breath followed as the couple navigated the complex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

The labouring proved to be more complicated than with Angela's previous four pregnancies, and both dads were stricken with worry. But Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.

"I watched Frank the whole time. I remember the look on his face. I remember the way his hands fell open to welcome our child. I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time … Then Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just realized, 'I am a dad now.'"

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."
Norm Furtado

Now, eight months into fatherhood, the two dads are starting to talk about adding to their family and giving Luca a sibling. Both are besotted.

"I describe fatherhood as 'new heights of joy balanced with new depths of fatigue,'" says Furtado. "But at the end of the day, there is nothing more healing than playing with Luca and hearing him giggle."

"People talk about 'that moment' when you suddenly feel like a parent," Emanuele says.

"I never had that. The moment Luca was born, I was so ready. It was 'OK, here we go.' Life is different, of course."

This Father's Day — their first as parents — will be spent at a cottage with their friends Emily and Andrea, a couple whose three-year-old daughter for whom Emanuele was the donor.

"I knew that I couldn't ask anyone to help me have a baby, if I wasn't willing to do the same for another family," Emanuele added. This year, the two couples and two kids will all celebrate Donor's Day and Father's Day together.

"We always say that we don't have a family tree," Emanuele says. "We have a family vine."

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Shed a tear (or five) watching this woeful film, E.T. TORSTAR NEWS SERVICE

Flicks for dad's day

Screen time. Gather the kids and show them what movies were like way back when

Looking for something other than Frozen? Round up the kids and cuddle up with one of these classics.

THE MUPPET MOVIE (AND SEQUELS)
If your kids liked Muppets Most Wanted (2014) or The Muppets (2011), introduce them to a little old-school Kermit. The original, called The Muppet Movie (1979) sees Kermit the Frog journey across the U.S. to find fame in Hollywood, picking up pals Miss Piggy, Fozzie Bear and others along the way. The Great Muppet Caper was released in 1981, while Muppets Take Manhattan came out in 1984. Ages 5 and up. Rated G.

WILLY WONKA AND THE CHOCOLATE FACTORY
Kids will cheer when poor boy Charlie is victorious at the end of this movie, based on the Roald Dahl classic book Charlie and the Chocolate Factory. There are some suspenseful scenes, but this 1971 version is less dark than the 2005 Tim Burton/Johnny Depp release. It's worth it for the "fizzy lifting drink" scene alone, where Charlie and his grandfather begin to float after partaking, and have to burp themselves down to avoid getting sucked into a fan.
Ages 6 and up. Rated G.

STAR WARS
With Star Wars themed tableware, toothbrushes and board books, the characters and storylines of the two trilogies are entrenched in the imaginations of young kids today. Start with the original (Episode IV: A New Hope, 1977) and have a remote control handy to fast-forward through the scary parts.
Ages 7 and up. Rated PG (Episode III: Revenge of the Sith is rated PG 13).

E.T. Who doesn't remember the heartwarming story of E.T., the alien who is left behind on earth by his fellow aliens and befriended by 10-year-old Elliott. Your kids will identify with Elliott and his comrades, and you'll be transported back to a time in your life when everything seemed simpler. Warning: You just might cry in front of your kids.
Ages 7 and up. Rated PG.

THE PRINCESS BRIDE
Sooo many iconic lines: "Hello, my name is Inigo Montoya. You killed my father. Prepare to die." "Inconceivable!" The Princess Bride is a fairy-tale for everyone — "fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love and miracles." The young boy, whose grandfather reads him the story, becomes enraptured by good versus evil, friendship and sacrifice. Of note: Princess Buttercup is played by Robin Wright from House of Cards.
Ages 8 and up. Rated PG

CLAIRE GAGNÉ/FOR METRO

Get creative. Go off the beaten path giving to dad

This year, you'd really prefer to bypass giving a tie. And the gardening tools. Instead, get creative for Father's Day and be inspired with these fresh takes on gifts to celebrate dad.

IF YOU INSIST ON A TIE... "For Father's Day a few years ago my wife bought a blank tie and let the kids scribble all over it," says Mike Reynolds, a dad blogger with puzzlingposts.com. "If a tie is to be bought, make sure the kids have a role in it. I love my tie!"

PICK UP LEGO... "I've got an affinity to all things Lord of the Rings and The Hobbit, so I've built a few sets with my oldest daughter and both of us have a blast doing it," says Reynolds. "It's a good way to extend the fun beyond just receiving the gift and into doing something."

CONSIDER A PHOTO FRAME... and have the kids decorate it. "That way the kids can personalize it and you can put in a picture that's important to you," suggests Ricky Shetty, a dad blogger at daddyblogger.com.

TAKE TO THE PAGE... "Have kids write their own stories to give to dad. I write stories with my girls all the time and every time they come up with a new idea, no matter how crazy it is, I fall in love with their stories," Reynolds says. "Once they're done you have a story to read with the kids."

ASTRID VAN DEN BROEK/FOR METRO

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Go, go gadgets. Making sure dad's plugged in every day

Forget the neckties and fancy pens, technology is quickly becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

SONY SMARTBAND ($99.99)
Perfect for dads with an active lifestyle, this activity tracker monitors your movements, as well as your sleep patterns. There are many trackers on the market, but what really sets this one apart is the fact that it tracks your entertainment, giving you an overall snapshot of your lifestyle right on your Android smartphone.

GRILLBOT ($129.95)
Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

MOPHIE SPACE PACK ($149.95 AND UP)
The only case in the world which not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

PEBBLE STEEL SMARTWATCH ($249)
The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, track your activities, or notify you when your favourite team scores. On top of that, the metal and leather finish will look great on any dad's wrist.

GAME GOLF ($259.95)
Help dad stay on top of his golf game. This system uses special Near Field Communication tags on each club to determine club usage, distance hit and putts per hole. Once you finish a round, you can track your overall performance right on your iPhone or brag about your progress online with family and friends.

BABOLAT 'PLAY PURE DRIVE' TENNIS RACQUET ($450)
The world's first connected tennis racquet features sensors integrated into the handle to track power, where the ball hits the racquet head, along with other stats, rating your overall technique. The racquet works in unison with both Android and iOS devices.

MIKE YAWNEY/FOR METRO

That's one manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic," writes Steven Raichlen in his book Man Made Meals.

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls, and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the bottom and edges, 2 minutes on the first side, 1 minute on the second side, carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pepper, if using, and season the sandwiches with a little more salt and black pepper. Close the sandwiches and cut them in half before serving.

RECIPES PRINTED WITH PERMISSION FROM MAN MADE MEALS BY STEVEN RAICHLEN (WORKMAN PUBLISHING, 2014)

Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

This recipe makes two sandwiches — one for you and one for dad. LUCY SCHAEFFER

Cookbook of the Week

Inner workings of a man's kitchen

Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire.

There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, Belgian Beer Brownies and more. **METRO**

This recipe makes about 4 cups. LUCY SCHAEFFER

Sangria for Grown-Ups

"Nothing says party time like ... sangria," writes Steven Raichlen in Man Made Meals "And few guys make it better than chef-owner Christian Thornton and sommelier John Clift at the restaurant Atria in ... Edgartown, Martha's Vineyard."

1. Slice the orange into wedges and, using a fork, remove and discard any seeds. Place the orange and sugar in a pitcher and muddle (mash) them with the back of a wooden spoon.

2. Stir in rum, ginger liqueur, and St-Germain liqueur and let macerate (steep) overnight in the refrigerator, covered.

3. When ready to serve, add ice cubes to pitcher. Add the Lambrusco, stir, and serve.

Ingredients

- 1 orange
- 2 tbsp sugar
- 3 oz (6 tbsp) dark rum, such as Myers's
- 3 oz (6 tbsp) ginger liqueur, such as Domaine de Canton
- 2 oz (4 tbsp) St-Germain elderflower liqueur Ice cubes
- 1 bottle (750 mm) Lambrusco wine, chilled

For your phone

Kitchen Knife Skills (iPad/iPhone; $4.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Enhanced with video lessons, this in-depth handbook teaches the impressive ability chefs have to slice, dice, carve, and butterfly their ingredients. Discover the tricks behind both Western and Japanese styles.

Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are out suggestions courtesy of the hosts of My Kitchen Rules, Ask the Butcher and Secret Meat Business.

Metro

Breakfast: Bacon Huevos Rancheros

Get Dad's special day off to a great start. GUSTO TV (GUSTOTV.COM)

This Bacon Huevos Rancheros recipe comes from My Kitchen Rules, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Ingredients

Tortillas
- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa
- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping
- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

Lunch. Banh Mi.

This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of Secret Meat Business' recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty
- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich
- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Take Dad's dinner to the next level with Aged Rib-Eye

This recipe serves four. GUSTO TV (GUSTOTV.COM)

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly), pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged chargrill pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle

Salsa
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, or to taste

Refreshing, fermented apple (or pear) juice goodness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, $3.00 to $3.95).

Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucey aroma and rich, baked apple flavour (England, 500 ml, $3.00 to $3.88).

Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, $3.15 to $4.62).

Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, $3.00 - $3.94).

Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, $3.00 - $3.99).

Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion. Instead of heading to the store, make your own gift from scratch

JORDAN HIPSON
For Metro Canada

Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly compliments all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy marker or pencil, trace around opening. Ensure your hot glue gun is plugged in to heat up.

3. Cut out the circle you have just traced.

4. Place a thin bead of a glue around the single opening of your PVC pipe. Safely attach your plastic or mesh. If you are using plastic, consider adding a few small slits or holes to allow drainage.

5. Fill the vessel with enough soil to plant your herbs. When planting the herbs, the excess soil in the store pot is usually enough to completely fill each of the pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO

Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

Materials

- PVC Wye Pipe – 2 or 3 pipe configurations Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at $155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his a stay at the Hôtel de Glace in Quebec City (hoteldeglace-canada.com), which is open each year between January and March. A special package is now on for $179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from $99 to $155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com

Rangers goalie Henrik Lundqvist blocks a shot by Kings centre Jeff Carter on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Lundqvist silences Kings, critics to keep N.Y. alive

Stanley Cup final. Rangers goalie makes 40 saves in another clutch performance

Game 4

Rangers	Kings
2	1

Mark Messier got his cameo on the Madison Square Garden video screens early in Game 4 of the Stanley Cup final, and used it to hold four fingers in the air to signify the four victories in a row the New York Rangers needed.

Celebrities Michael J. Fox and John McEnroe followed. By the end of Wednesday night that number was three after Henrik Lundqvist willed the Rangers to a 2-1 victory over the Kings to stave off elimination and send the series back to Los Angeles for Game 5.

Lundqvist made 40 saves, including every single one in a third period that included just one shot for the Rangers, who spent more than half the game clinging to a one-goal lead. The entire time "The King" was brilliant, continuing his spectacular play in elimination games at home.

Going into Game 4, Lundqvist had won seven straight in that situation with a 0.98 goals-against average and .967 save percentage. Stopping 40 of the 41 shots he faced helped him keep the streak alive.

Benoit Pouliot and Martin St. Louis scored for the Rangers. Captain Dustin Brown was the only Kings player able to beat Lundqvist.

At the other end, Jonathan Quick, who was the biggest reason Los Angeles had a three games to none lead in the series, finished with 17 saves in just his second NHL game at the Garden.

The half-hearted towel waiving conveyed the energy in the building in the moments leading up to puck drop. After the price of tickets on the secondary market plummeted following the Rangers' 3-0 loss in Game 3, there was an air of nervousness on Wednesday night.

THE CANADIAN PRESS

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday.

The CFL and CFL Players' Association agreed to a five-year contract Saturday. However, many players have spoken out against the new deal which calls for a $5-million salary cap, well below the CFLPA's opening demand of $6.24 million.

The CFL also got a major concession from the union on the gross revenue formula that would trigger the renegotiation of the cap or entire collective agreement.

THE CANADIAN PRESS

NHL

Sens GM open to dealing Spezza

Jason Spezza has requested a trade, and Ottawa Senators general manager Bryan Murray says he'll try to make that happen.

"I don't want to trade the guy, really, and I know I won't get the value, in all likelihood that I should get for him," Murray said Wednesday after the NHL general managers meeting. "But I think that Jason feels maybe there's a change that he would like to have happen, and if that's the case we'll try to do what we can."

Spezza has one year left on his contract at a salary of $4 million US.

THE CANADIAN PRESS

Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Miami coach forces Heat to relive Game 3 blowout

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't offer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

TV numbers

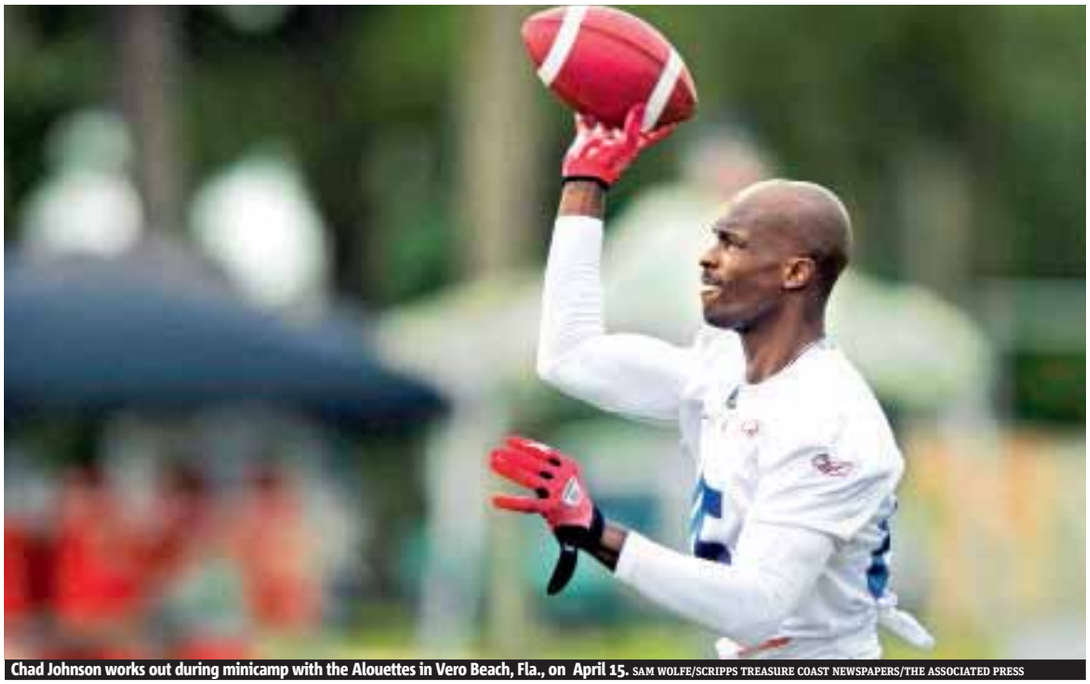
14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS



Chad Johnson works out during minicamp with the Alouettes in Vero Beach, Fla., on April 15. SAM WOLFE/SCRIPPS TREASURE COAST NEWSPAPERS/THE ASSOCIATED PRESS

Former NFLer calls out Riders' safety

CFL. Chad Johnson and Tyron Brackenridge start a war of words on social media

Getting called out by former NFL star receiver Chad Johnson provided a welcome break from the monotony of training camp for Tyron Brackenridge.

Johnson, now with the Montreal Alouettes, took aim at the Saskatchewan Roughriders safety Tuesday on Twitter. Brackenridge was still chuckling about it Wednesday.

"Was it entertaining?" Brackenridge asked with a laugh during a telephone interview. "I had fun with it.

"When you're dealing with the pressure of training camp, these two-a-days and meetings, it's good to have a little laugh here and there. He felt like I was the one he wanted to call out; I just entertained his antics."

It began innocently enough on Twitter when a fan asked Johnson, a popular social media figure with 3.6 million followers, which team was he most looking forward to facing this season.

One to keep your eye on

The six-foot, 190-pound Tyron Brackenridge was a league all-star last year and voted the CFL's hardest hitter by his peers.

"#41 from the Rough Riders," Johnson tweeted, referencing Brackenridge.

After Brackenridge said, "Can't wait!" Johnson turned up the heat, tweeting: "I will run through you or around you, whichever you prefer."

Brackenridge responded: "your cfl career will be short messing with me! You better ask your teammates or better yet find out for yourself."

Johnson countered: "They speak highly of you but you'll be dealt with."

Added Brackenridge, "they speak highly of me for a reason. It's a thin line between tough & stupid. If your not looking for #41 you'll regret it.."

Saskatchewan opens its season hosting Hamilton on June 29. Montreal visits the Riders Aug. 16. THE CANADIAN PRESS

Blue Jays suddenly grounded

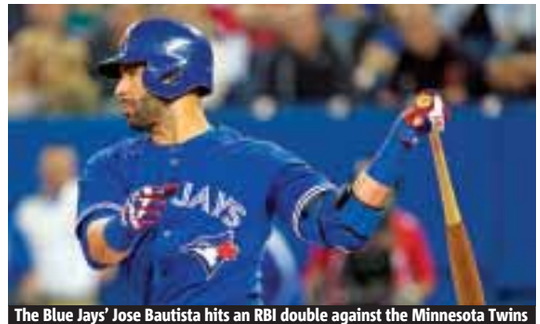
The Toronto Blue Jays want to put a couple of series losses behind them as they head out for a 10-game road trip that should give them a good idea of whether they're actually ready to be a contender in the American League East.

Toronto dropped a 7-2 decision to the Minnesota Twins on Wednesday afternoon, with only a pair of late runs preventing a second straight shutout loss.

Josh Willingham belted a two-run homer in the first inning and Kendrys Morales hit a bases-clearing double in the seventh as the Twins took the rubber game of the three-game series. Twins starter Phil Hughes (7-2) struck out nine and allowed seven hits over seven shutout innings.

With the loss, Toronto's lead atop the division standings fell to five games over Baltimore and New York. The Orioles were home to Boston on Wednesday night while the Yankees were in Seattle.

The Blue Jays will play Baltimore and New York next week. THE CANADIAN PRESS



The Blue Jays' Jose Bautista hits an RBI double against the Minnesota Twins in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

World Cup. FIFA reports high sales, but highest-priced tickets and some games still on offer

Tickets remain available for more than 15 World Cup matches just a day before the tournament opener, including some involving Germany, Italy and France.

FIFA said it already sold more than 2.9 million tickets, but some were still on sale Wednesday.

There were plenty of tickets for matches between less-prominent nations, including Bosnia-Iran and Greece-Ivory Coast, but it was also still possible to attend games with some of the more traditional teams. Fans could still get tickets on FIFA's website for matches such as Germany-Ghana, Switzerland-France and Italy-Uruguay.

Only tickets for the highest-priced categories remained available for the better matches. FIFA said last week that nearly 1,400 people were told to change their tickets because they were handed out before work in some of the stadiums was completed. It said seating configurations changed after technical teams established exactly where the media tribunes and broadcast equipment had to be placed in each of the 12 venues.

Thursday's opener between Brazil and Croatia at the troubled Itaquerao stadium in Sao Paulo sold out quickly. Of the 61,600 tickets available, only about 25,600 were sold to the general public.

THE ASSOCIATED PRESS

Ticket sales

FIFA estimates it will sell 3.1 million tickets to this event. Of tickets sold so far:

- 60 per cent have been sold to Brazilians
- 197,000 to Americans
- 2.2 million were sold directly via FIFA.com

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Horoscopes

♈ Aries
March 21 - April 20
You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

♉ Taurus
April 21 - May 21
The planets warn you may do something so out of character today or tomorrow that even those who know you well will be shocked. Hopefully it won't damage your reputation.

♊ Gemini
May 22 - June 21
Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

♋ Cancer
June 22 - July 23
A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

♌ Leo
July 24 - Aug. 23
You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

♍ Virgo
Aug. 24 - Sept. 23
If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

♎ Libra
Sept. 24 - Oct. 23
You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

♏ Scorpio
Oct. 24 - Nov. 22
The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

♐ Sagittarius
Nov. 23 - Dec. 21
A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

♑ Capricorn
Dec. 22 - Jan. 20
There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

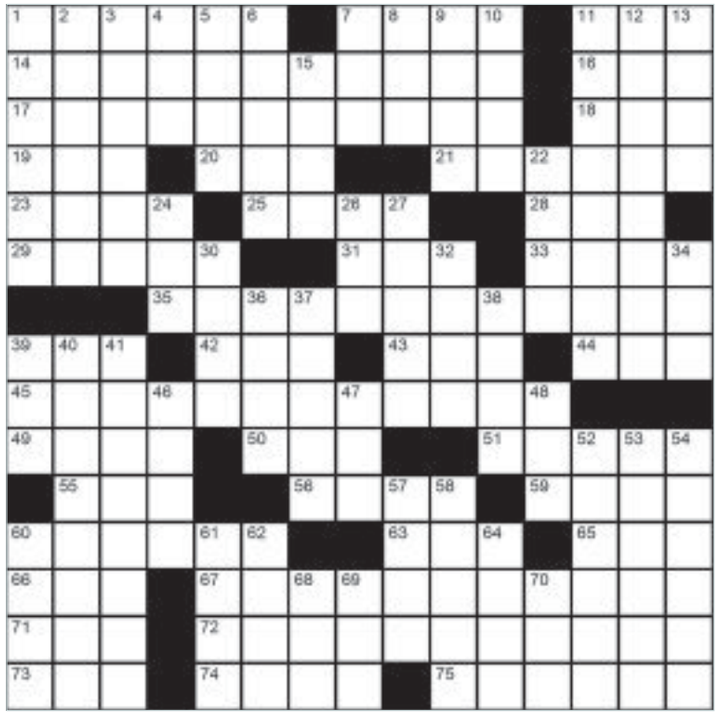
♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

♓ Pisces
Feb. 20 - March 20
There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



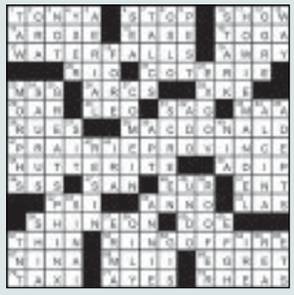
Across

1. Reversible patterned fabric
7. Poetic foot
11. Utah's cap.
14. June 12th, 2014 in Ontario this year: 2 wds.
16. Golf club part
17. Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
18. Ms. Landers
19. Beatles: "_ __ Mine"
20. Eastern prov.
21. Become soggy: 2 wds.
23. Survive
25. Saturate
28. '_' __ in Edmonton
29. Loosen
31. Mr. Howard
33. City haze
35. As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
39. Panda symbol org.
42. Mr. Knotts
43. Honey maker
44. Parisian possessive
45. Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
49. 'Switch' suffix
50. Blinker
51. Emcees
55. Mil. titles
56. Millennium divs.
59. "Magnum, P.I." setting
60. Swedish tennis great Stefan
63. Old high note
65. Mai __ (Cocktail)
66. Here: Spanish
67. Tailoring tasks
71. __-de-sac
72. Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern __
73. Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu
74. Fasteners
75. Actor Gary

Down

1. "I Love Lucy", A __ Production
2. Director Robert
3. "Not the __ hint of a..."
4. High card
5. Pace
6. Sky high toys
7. 'Benedict' suffix
8. Li'l court prosecutor
9. Ms. Helgenberger
10. Memory unit
11. BC: Granite monolith in Squamish, __ Chief
12. Elvis: "Are You __ Tonight?"
13. Penny
15. "Love Rollercoaster" by The __ Players
22. Musician/radio personality John
24. Ancient war god
26. Coming-in-plane, e.g.
27. Dried seaweed
30. Michael __ (The Neverending Story author)
32. Big Apple denizen
34. Theatrical monogram
36. Exhausted
37. Britannica, e.g.
38. __-savvy
39. Vince McMahon's org.
40. 2014 FIFA __ __ Brazil
41. As per #40-Down, the second 'F' of FIFA
46. Amount of medicine
47. "__ Haw"
48. Owl's chirp
52. Enlightenment, in Zen Buddhism
53. "I appreciate that"
54. Geneva's country, in French
57. Roman ruler
58. Deli side orders
60. Per
61. Highway exit
62. Hilarity
64. Mythical Hun king
68. Identify
69. Mr. Begley Jr.'s
70. Singer Janis

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		1		5				
			4				8	
	5			2		7		
9		3	6		2	5		
	7						9	
		4	7		9	3		2
		5		8			2	
	3				1			
				7		8		3

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1

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